

## Santa Rosa Zero Waste Plan - Appendix I

# ZERO WASTE | IN THE KITCHEN

Did you know? In the US, 43% of wasted food comes from households.

How can we change this and limit our food waste? Try these helpful tips!



## HOW TO BUY:



- Shop in your grocery store's **bulk section** or a local **farmer's market**
- Bring **reusable bags, jars, and bottles** to carry your food while shopping
- Swap paper towels for **rags**, sandwich bags for **wax paper** or **containers**, and always use **cloth napkins**
- Reinvent **leftovers**
- **Remove stickers** before composting any food

## HOW TO STORE:



- Store lettuce, thyme and lavender in a damp paper towel in the fridge
- Revive limp lettuce or carrots in a jar of ice water
- Keep citrus in a bag in the fridge (up to 3 weeks)
- Put herbs (basil, parsley, cilantro) in 2 in. of water in fridge
- Store an apple with potatoes to prevent sprouting
- Break up banana bunches and store apart
- Leave pears, avocados, and tomatoes on the counter stem down until ripe, then transfer to the fridge
- Store berries in a closed container with a paper towel at the bottom
- Keep avocados and bananas away from apples (which release a ripening compound)
- Use stale bread by making croutons or bread crumbs
- If you are about to compost lemon rinds, save the extra juice by making juice ice

# ZERO WASTE | AT HOME

## IN YOUR CLOSET

### Did you know?

The United States throws away 25 billion pounds of clothing every year!



## MAKE A RESOLUTION!

- Go through your closet and donate anything you don't wear
- Try to not buy clothes for a whole year
- Shop at secondhand store first to find what you need

## WHEN YOU CLEAN HOUSE

Try some DIY Cleaning Products!

### DIY Countertop Cleaner

- Mix 1 Part Warm Water + 1 Part White Vinegar + a couple drops of essential oil for a fresh smell

### DIY Dish Soap

- Mix 3 tablespoons of water + 1 cup of Liquid Castile Soap (Dr. Bronners) + a couple drops of essential oil for a fresh smell
- Shake well.

### DIY Deodorizer + Grease/Grime Fighter

- Use Baking Soda!





# ZERO WASTE | AT WORK

## AT YOUR DESK SPACE

- Try going **without a trash bin** for a week. If you like it, don't have one at your desk permanently!
- Have a **reusable mug, water bottle, utensils, and plate** for eating in
- **Reuse single-sided paper** by clipping paper at the top for a notepad



## LUNCH TIME



- **Eating out at a restaurant?**
  - Inform your waiter beforehand that you would not like a straw
  - Bring your own container for leftovers
- **Carrying out?**
  - Have or carry a multipurpose utensil, metal straw, and reusable bag if picking up food
- Say no to bags, single use utensils and napkins at restaurant

## OFFICE PAPER USAGE

- Switch all printers to default double sides
- Use flash drives instead of CD's
- Take packaging material back to your shipping center for reuse
- Start a junk mail purge, cancel phone directories and use electronic billing and statements
- Use recycled content paper (suggested 20-30%)



## BE A ZERO WASTE LEADER

- Convert the breakroom to zero waste (reusable plates, to-go containers, utensils, and dishwasher)
- Try to get your office to only have recycling bins at their desks.
- Conduct a waste audit and go through your trash to see what can be recovered
- Organize or collect batteries, printer cartridges and other e-waste to dispose at a proper facility or send back to seller (if applicable)
- Have a "Bike to Work" day
- Make a companywide policy to go paperless on one major office duty